

How To Eat Healthy

The Benefits of weight loss and healthy eating facts with “Food Portions for Life”



Discover Health Benefits of Loosing Weight and gain insights into Organic Foods and Natural Foods types.

There are obvious health benefits resulting from lifelong weight management and common sense eating. It impacts your overall health and well-being in several ways.

<http://tinyurl.com/weight-loss-healthy-eating>

<http://tinyurl.com/weight-loss-healthy-eating-vid>

<http://www.advanceddigitalebooks.com/diet/food-portions/>



Just losing 10% of your current weight can make a difference in the way you feel and reduce your risks for certain diseases. Other ways that losing weight will benefit your health include:

- Increased energy level
- Lower cholesterol levels
- Reduced blood pressure
- Reduced aches and pains
- Improved mobility
- Improved breathing
- Improved sleeping and wake more rested
- Prevent angina; chest pain caused by decreased oxygen to the heart
- Decreased risk of sudden death from heart disease or stroke
- Prevention of Type 2 diabetes
- Improved blood sugar levels

In Your FREE Sample of “Portions for Life” You will learn about:

- Fad Diets and Myths
 - Carbohydrates and Protein
 - What Your Body Really Needs
 - Carbohydrates
 - Proteins
 - Fats
 - Trans-fats
 - Healthy Fats
 - Fiber
 - Sugars and artificial sweeteners
 - Water
 - will help you identify the things that sabotage your ability to lose and maintain a comfortable weight.
 - will guide you through the process to establish healthy, life-long habits that will make ‘weight-worry’ a thing of the past.
 - explain the value of organic or natural food choices, and help you understand the benefits of eating smart.
 - will learn that Eating foods you enjoy is the best way to eat well and maintain a comfortable, healthy weight.
 - will walk you through myths and misconceptions about food.
- download a Free weight loss ebook at

<http://tinyurl.com/weight-loss-healthy-eating>

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The Health Benefits of Loosing weight

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Healthy Food Benefits

There is conflicting information and opinions about what types of food are best for your body and the environment. With the introduction of organic foods, natural foods, and non-processed foods, there are even more choices today than in past years. There are pros and cons for most everything, and food is no different. When practicing portion control, you still have to make choices about the foods you choose to eat and how they are grown and processed.

Organic Foods

There's one thing that has not changed over the years. Food still comes from the earth and farmers have control over how food is grown, handled, and sometimes processed. Organic foods were introduced to the market as an answer to concerns about not only food, but the environment. They have quickly gained recognition in the food industry!

The introductions of pesticides, fertilizers, bioengineering, and the inclusion of other synthetic ingredients used to enhance crop and animal growth have resulted in deterioration of the quality and safety of many farm products. In their efforts to increase crop yields and optimize product size, farmers have liberally engaged in a new way of farming.

That's why organic food is a smart choice for consumers. Organic food is produced by farmers who are actively engaged in the preservation of renewable resources and the conservation of soil and water to enhance environmental quality of life today - and in the future. Organic meat, poultry, eggs, and dairy products are more readily available today than in most recent years, thanks to farmers who refuse to use growth hormones and antibiotics.

The government is involved in this movement towards more responsible farming by creating a government-approved certification for organic farmers. To be labeled organic, the farmer is required to follow strict USDA organic standards and inspectors closely monitor the growth, handling, and processing of foods.

Organic food provides more wholesome, chemical-free fruits, vegetables, and meats than conventional farming methods and ensures you are giving your children and your family the best possible nutrition. And organic food also causes fewer allergic reactions. Before you make your next stop to the grocery store or market, take time to learn more about the value of organic foods. They might cost a little more today, but they will be worth it tomorrow.

Evaluate the options and the choice is yours.

Natural Foods

There is often confusion about the differences in organic foods and natural foods. "Organic" does not mean "natural foods." There is no legal definition as to what constitutes a "natural food." However, the food industry uses the term "natural foods" to indicate that a food has been minimally processed and is preservative-free, which makes it slightly different from just using the term "natural" to describe any food. "Natural food" is genuine, unprocessed food (or slightly processed), even though it is not organic. It is important to look for the words "100% Natural" on packaging of foods.

Some natural foods can include organic foods, but not all natural foods are organic. Natural food is fresh and considered safer than conventional foods because it contains no artificial ingredients and is minimally processed, if at all.

Natural foods are typically more nutritious than refined foods since they do not include ingredients such as refined sugars, refined flours, hydrogenated oils, artificial sweeteners, and artificial flavorings. Natural food proponents suggest that natural foods reduce the risk of obesity, diabetes, cancer, and heart disease since they do not include refined ingredients.

Processed vs. Non-Processed Foods

Processing foods today is a way to increase the shelf life of foods, enhance flavor, and make them more convenient. Processing foods breaks down natural fibers, reducing or eliminating their nutritional value. Fiber is necessary to aid in digestion and helps rid the body of waste materials. For this reason, many people believe that processed foods are unhealthy.

Processed foods also contain additives, chemicals, added salt, refined sugars, artificial flavorings, and preservatives. Many processed foods also contain unhealthy fats. Not only do these ingredients increase the shelf life of foods, they also make the food appear more attractive and taste fresher, but they add no nutritional value.

Processing removes much of the nutritional value from foods. It is advisable to eat fresh fruits, vegetables, and meats whenever possible. Avoiding foods that have been processed will significantly decrease your salt intake. Frozen foods typically undergo less processing than canned foods and are a better alternative if natural or organic foods are not available.

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Download a FREE Mini e-book



“Food Portions for Life”

This **FREE sample** includes four chapters with just a few of the great insights into how to be more effective and practical in your approach to Food Portions for Life.

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When you are ready to get started with the full version of

“Food Portions for Life”

which includes the FREE BONUS OFFERS:

“Audio Version of Food Portions for Life”

it is available at the New Release price,
for a limited time of just \$17.00. **Grab Your Copy Now!**

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